



### **Is Sorbet the Most Nutritious Choice for a Frozen Dessert?**

Sorbet, made with water and fruit juice, is among the most low-fat of frozen desserts. Although those made from fruit contain vitamin C, the amount is not measurably significant. Since sorbet contains no dairy products, it does not supply the 100 to 200 milligrams of calcium you'd get from a cup of sherbet, ice cream, or frozen yogurt. But there are far lower calorie ways to meet calcium needs. While sorbet is lower in calories than rich "gourmet" ice creams, calorie content may not be any lower than some light ice creams, frozen yogurts or store-brand ice creams. Be sure to check labels, since there's a wide variation between brands. And don't forget the impact of portion size. A low-fat or low-calorie choice can still have more calories, if you eat a big bowl of it.

For more information on low fat desserts, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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